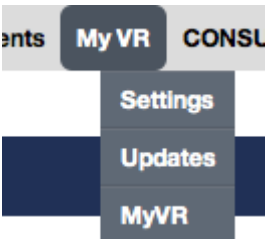


Feeling overwhelmed with the thought of using MyVR?
MyVR Fitness Fridays are designed to help you get in shape! (No actual exercise required.)

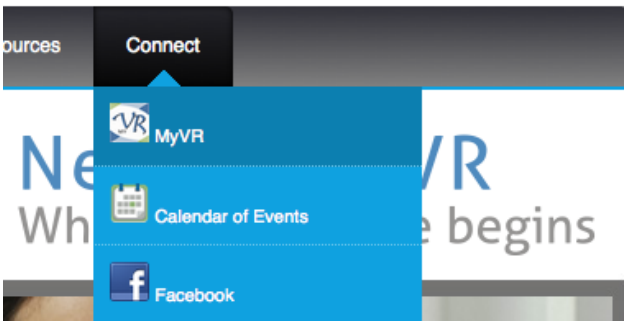


Fitness 101 for MyVR 2.0

Staff members can navigate to MyVR from QE2. Click the MyVR subtab from the client record to go to MyVR without logging in. You can also navigate to [MyVR](#) from [VRIS](#).



Strength Training

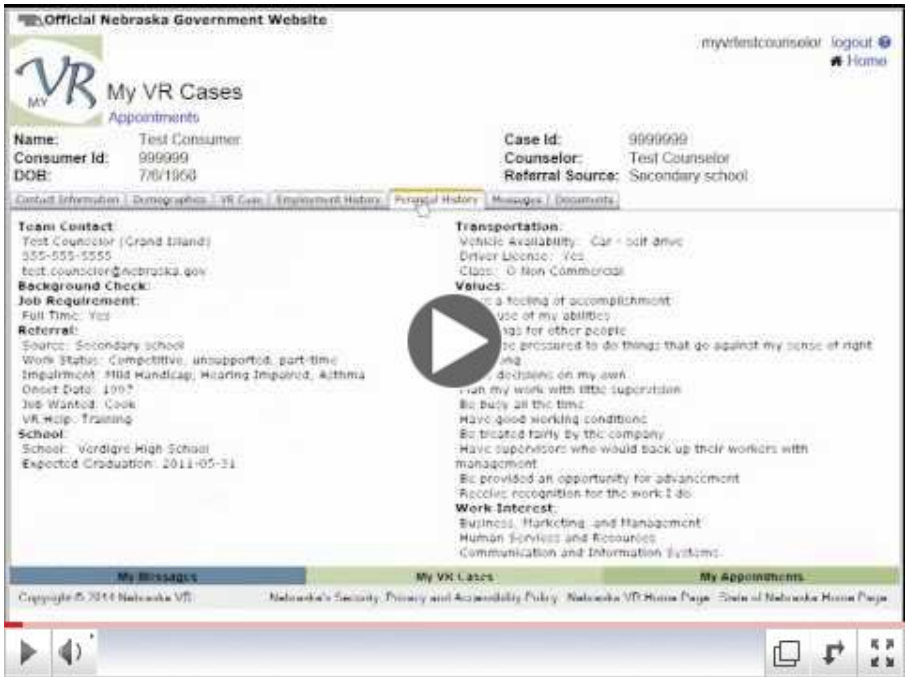


Clients can log in to MyVR from [vr.nebraska.gov](#) under the "Connect" tab by clicking the MyVR sub tab or going directly to [myvr.nebraska.gov](#).

Smart Snacking

Staff members can view the seven client information tabs visible to clients. The documents tab is where you can share documents with the client.

Watch the instructional videos now!



MyVR Tabs

 [MyVR in 3 Steps](#) | [Client Instructions](#) | [Staff Instructions](#)

Copyright © 2015. All Rights Reserved.

[Forward this email](#)



This email was sent to marketingteam.vr@nebraska.gov by [marketingteam.vr@nebraska.gov](#) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Nebraska VR | 301 Centennial Mall South | Lincoln | NE | 68508